

**What is claimed is**

1. A method for warning a user to rest during operation of a computer mouse, said computer mouse comprising a first timer and a warning device, comprising:
  - monitoring a period of operating said computer mouse by said first timer;
  - enabling said warning device when said operating period is longer than a first predetermined period of time; and
  - disabling said warning device when the user stops operating said computer mouse.
2. The method of claim 1, said computer mouse further comprising a second timer, further comprising:
  - monitoring a period of idling said computer mouse by said second timer when the user stops operating said computer mouse; and
  - resetting said first timer and said second timer when said idle period is longer than a second predetermined period of time.
3. The method of claim 2, wherein said warning device is enabled when the user operates said computer mouse after said idle period, and said idle period is shorter than said second predetermined period.
4. The method of claim 2, wherein said second timer monitors said idle period of said computer mouse when the user stops operating said computer mouse after said operating period, and said operating period is shorter than said first predetermined period.
5. The method of claim 1, wherein said warning device sends an audio message to warn the user.
6. The method of claim 5, wherein said warning device comprises a buzzer.
7. The method of claim 1, wherein said warning device comprises a vibration motor.

8. A computer mouse capable of warning a user to rest during operation, comprising:
  - a first timer for monitoring a period of operating said computer mouse;
  - a warning device for selectively providing a warning message; and
  - a controller for controlling said warning device;wherein said warning device is enabled when said operating period is longer than a first predetermined period of time, and said warning device is disabled when the user stops operating said computer mouse.
9. The computer mouse of claim 8, further comprising a second timer for monitoring a period of idling said computer mouse, wherein said second timer monitors said idle period when the user stops operating said computer mouse, and said controller resets said first timer and said second timer when said idle period is longer than a second predetermined period of time.
10. The computer mouse of claim 9, wherein said controller enables said warning device when the user operates said computer mouse after said idle period, and said idle period is shorter than said second predetermined period.
11. The computer mouse of claim 9, wherein said second timer monitors said idle period when the user stops operating said computer mouse after said operating period, and said operating period is shorter than said first predetermined period.
12. The computer mouse of claim 8, wherein said warning message comprises an audio message.
13. The computer mouse of claim 8, wherein said warning device comprises a buzzer.
14. The computer mouse of claim 8, wherein said warning device comprises a vibration motor.